

Name	400m Time	200m Time	CSS Time/25m
Lanes 5 & 6			
Sinead Clark	5.16	2.33	20.38
Daniel Harley	5.33	2.44	21.13
Abbie Brown	5.45	2.49	22.00
Martin Palmer	5.45	2.45	22.50
David Nicel	5.50	2.48	22.75
Toby Dando	6.04	2.57	23.38
Luke Gill	6.26	3.14	24.13
Mike Blerkhom	6.22	3.09	24.13
Andy Lawrence	6.22	3.03	24.88
Lanes 3 & 4			
Luke Gill	6.32	3.12	25.00
Warren Sutton	6.34	3.13	25.13
Kevin Baldwin	6.36	3.14	25.25
Gary Rowley	6.46	3.34	25.38
Andy Dennett	6.32	3.06	25.75
Bill Smith	6.47	3.17	26.25
Russ Andrews	6.39	3.09	26.25
Sarah Carter	7.17	3.39	27.38
Matt Pickett	6.59	3.18	27.63
Janice Brown	7.40	3.47	29.13
Chris Milne	7.45	3.47	29.75
Pete Harley	7.56	3.58	29.88
Max Ebdon	7.46	3.45	30.12
Alex Sinclair	7.51	3.49	30.25
Tim Moore	7.43	3.40	30.38
Tish Phelps	7.53	3.48	30.63
Jack Martin	7.23	3.17	30.75
Lanes 1 & 2			
Michelle Sparks	8.35	4.15	32.50
Mark Garwood	8.16	3.47	32.63
Ellie Davis	8.40	3.18	32.75
Sarah Kemp	8.09	3.46	32.88
James Kane	7.54	3.31	32.88
Amy Boswell	8.24	3.55	33.63
Mike Applewhite	8.58	4.22	34.50
Jenny Harley	9.10	4.34	34.50
Rebecca Gill	9.27	4.37	36.25
Leanne Garwood	9.10	4.19	36.38
Ian Gill	9.59	4.42	39.63
Leslie Pearce	11.39	5.55	44.25